Mental Health: A Priority That Needs Attention

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Lately, issues related to mental health have become a hot issue and are often talked about by the community. This matter is also often used as a topic of daily conversation regardless of where it is in the real world or in social media. Therefore, mental health has been considered important in society. This is due to several issues that have arisen regarding mental health in the community today such as mental health problems.

According to the WHO, mental health is a state of mental well-being that enables people to cope with life's stresses, realize their abilities, learn well and work well, and contribute to their communities. So mental health is an important component in the aspect of individual health especially in personal development. This is different from mental illness. According to the Malaysian Ministry of Health, mental illness is a disease that involves disturbances in brain function that can cause changes to a person's thought processes, feelings and behavior that result in disturbances to carry out daily activities well.

As we know, mental health is seen as something positive while mental illness is seen as something negative. Next, mental health is often seen as something that can be maintained and improved through healthy practices, such as good nutrition, exercise, adequate sleep, and positive social relationships. On the other hand, mental illness may require specialized treatment and support from a mental health professional, such as therapy or medication. Therefore, it is important for us that mental health and mental illness are part of human life. So, it is very important that we pay attention to these two aspects. Maintaining good mental health and supporting individuals with mental illness is part of a joint effort to achieve holistic well-being.

In addition, according to the Malaysian Ministry of Health, this mental illness does not only have one type but it consists of various categories. Generally, it is categorized into 3 groups. First is the neurotic group, where individuals belonging to this category typically experience changes and disturbances in thinking, feeling, and behavior without affecting their sanity. Those suffering from neurosis are usually aware of their health condition but their daily functioning may be slightly disturbed. An example of a neurotic disease is depression where they will experience extreme and prolonged feelings of sadness that interfere with our daily life functions. In addition, anxiety, this will cause the individual to feel depressed, sweat, palpitate and experience extreme fear.

Then, the second group is psychosis. This category involves significant changes in thinking, feeling, and behavior and their sanity is also affected. Individuals suffering from psychosis may experience hallucinations, which is hearing supernatural voices that communicate with them. They will also suffer from delusions, i.e. they may have illogical or strange beliefs that others cannot share, and this can cause extreme reactions. An example of a delusion is that they believe that someone is trying to persecute or harm them. This encourages them to act dangerously. Individuals with psychosis may also exhibit rambling,

rambling, or acting strangely such as talking to themselves, laughing or getting angry for no apparent reason, and having strange beliefs that are not shared by others. An example of psychosis experienced is schizophrenia. The main characteristic of those suffering from schizophrenia is that they will experience hallucinations, delusions, delusions, and significantly impaired work performance. Also, manic-depressive disorder (bipolar). This disease will cause significant changes in terms of emotions in which they will be too happy (manic phase) or too sad (depressive phase). Finally, the group of personality disorders involves character defects that can affect a person's interpersonal relationships with the people around them.

Next, this mental illness can be suffered by anyone regardless of age, gender, race, etc. Therefore, it is very important for each individual to pay more attention to mental health, especially for teenagers (students). If it happens, this will necessarily affect their quality of life in work, learning and their quality of life. In 2015, the National Health and Morbidity Survey Statistics (NHMS) revealed that one-third of Malaysians aged 16 and above face mental problems. In 2019, the Ministry of Health recorded that 2.3% of adults and 9.5% of children aged 10-15 had mental problems and the Ministry of Health projected that the percentage would continue to increase. Furthermore, mental health problems in Malaysia are also closely related to suicide incidents, with 1,142 cases reported in 2021 and 631 cases reported in 2020. The number of cases for 2021 shows a significant increase, which is an increase of 81 percent compared to 2020. Now the Ministry of Health has recorded 424,000 children in Malaysia diagnosed with mental problems. Furthermore, on June 18, 2022, UN Secretary General Antonio Gutteres stated that almost 1 billion people in the world suffer from mental problems.

Furthermore, the occurrence of this mental illness must be caused by many factors. Factors that affect mental problems such as environmental factors, work, family and Education. First of all, the environmental factor, This factor takes into account the circumstances surrounding a person such as the area, workplace and friends. For example, relationships with friends, strained relationships with friends can contribute to problems such as fights, jealousy, or cheating. This will contribute to mental illness. This also often happens among teenagers, especially if they face peer pressure. In addition, the area, mental health statistics in Malaysia in 2019 show that mental problems are higher among urban communities (12.6%) than in rural areas (8.5%).

Occupational factors also play a role in causing mental illness. For example, individuals face stress in their jobs such as the pressure of completing tasks within a set time, achieving monthly and annual goals, and dealing with employers who may be hostile. This often contributes to depression, especially in jobs that require high commitment, time, and energy. In addition, family problems, such as parental conflict at home or families experiencing divorce. It can also cause stress, not only for parents but their children may be affected. This is because, according to the MyHealth health portal of the Malaysian Ministry of Health, it shows that the highest rate of mental problems is among those who are divorced, which is 13.6%, followed by singles at 13.1%, and those who are married at 0.5%. A person's level of education also plays a role in

mental health problems. This we can see that the rate of mental illness is higher among those with no education or low education which is between 15% to 16%.

Finally, mental health has become an increasingly important issue in society. This is because mental health plays an important role in the personal development of an individual. Therefore, every individual or society needs to raise awareness about the importance of mental health in life. So, in order to prevent the problem of mental illness from happening, there are various steps that can be taken. For example, raising awareness about mental health, early education about the importance of mental health in life, the presence of community support in the process of preventing mental problems, and the integration of mental health in work. This matter is not only for individuals but it needs to be through the joint efforts of society, government, and the private sector. So, with this we can achieve a better understanding of mental health, provide adequate support, and reduce the causes of mental problems. Unbeknownst to us, this will lead us towards a holistic and comprehensive mental well-being in society.